



Tuesday 21st April 2020

Dear Parents and Carers,

I hope that this letter finds you and your family in good health and consciousness.

As we enter our 5th week of lockdown at a time where Easter has been celebrated in an unfamiliar way, a Christian prayer of reflection and gratitude towards God comes to mind:

'Our Saviour has risen! This Easter day, the resurrection of Jesus reminds us that God makes all things new. He has given us the same resurrection power to live free from sin and death and to have a life fully ALIVE! While it's easy to forget the real reason for this holiday, let's take a moment to put aside the Easter bunny, egg hunts, and baskets filled with goodies and remember the ultimate sacrifice of Jesus and his resurrection from the grave.'

Whilst many of us do not follow Christianity, there is much for us to take from such realisations; at a time where we are all sacrificing something for the greater good of humanity whether it be meeting loved ones, fulfilling a job, a stroll in the park with friends, attending a football match or Sunday prayers at the local church or Temple; we can learn a lot from the message of Lord Jesus Christ. Thank you to our school community for fulfilling your part in this pandemic so far.

Home Learning

Teachers will continue to set work daily for your child(ren) with the additional provision of zoom calls this week, however, you are responsible for how much work they do and for ensuring they take regular breaks etc. If you think that your child has been working for too long, then please do not feel that they have to sit at the computer and finish the work that has been set. Deadlines are set to ensure that children have structure and defined milestones to reach, but as a parent/carer, you can judge when they are tired and when you think they have completed enough work or require a break. It is during this period of lockdown that children will begin to know who they are, how determined they are in being independent, developing resilience in a period of uncertainty, but also in learning new skills and exploring their own ideas. *'In 1665, the University of Cambridge temporarily closed due to the bubonic plague. Isaac Newton had to work from home, and he used this time to develop calculus and the theory of gravity.'*

Please be mindful that some of our teachers, like you, have young children or are caring for vulnerable family members so it is impossible for them to remain on their computers all day, please try to limit messages to teachers/LSAs.



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Safeguarding

If you have a safeguarding concern, please contact the Safeguarding Leads:

Mr Koorichh: dravit.koorichh@avanti.org.uk

Mrs Bellare: shriti.pandya@avanti.org.uk

Mrs Joshi: Lalita.joshi@avanti.org.uk

Or phone Harrow's Golden Number (Child Assessment) on 0208 901 2690.

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Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:

 <p>RED</p>	<p>If your child has any of the following:</p> <ul style="list-style-type: none"> Becomes pale, mottled and feels abnormally cold to the touch Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts grunting Severe difficulty in breathing becoming agitated or unresponsive Is going blue round the lips Has a fit/seizure Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive Develops a rash that does not disappear with pressure (the 'Glass test') Has testicular pain, especially in teenage boys 	<p>You need urgent help:</p> <p>Go to the nearest A&E department or phone 999</p>
 <p>AMBER</p>	<p>If your child has any of the following:</p> <ul style="list-style-type: none"> Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (recession) or head bobbing Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual) Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down Has extreme shivering or complains of muscle pain Babies under 3 months of age with a temperature above 38°C / 100.4°F Infants 3-6 months of age with a temperature above 39°C / 102.2°F For all infants and children with a fever above 38°C for more than 5 days. Is getting worse or if you are worried Has persistent vomiting and/or persistent severe abdominal pain Has blood in their poo or wee Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness 	<p>You need to contact a doctor or nurse today.</p> <p>Please ring your GP surgery or call NHS 111 - dial 111</p> <p>The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E</p>
 <p>GREEN</p>	<p>If none of the above features are present</p> <ul style="list-style-type: none"> You can continue to provide your child care at home. Information is also available on NHS Choices Additional advice is available to families for coping with crying of well babies ICON Additional advice is available for children with complex health needs and disabilities. 	<p>Self care</p> <p>Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111</p>



Royal Society for the Prevention of Accidents

I recently received information from the London Borough of Harrow on behalf of the Royal Society for the Prevention of Accidents in the home and garden. This is a good reminder for all of us as we spend more time at home. Please see attached.

Easter 2020 – Harrow School Library Services

Despite the challenges we face, organisations such as the Harrow School Library Service have pooled together a range of online resources to support children and families.

The Literacy Trust has created the Family Zone, a 'one-stop' shop for families including reading and writing activities, book lists, videos, audiobooks, competitions and reading challenges for early years to early teens. Tips and ideas for parents include how to enjoy audiobooks, author and draw-along illustrator sessions, building a reading den and a 'Reading Miles Global Challenge' to encourage children to read around the world. See link: <https://literacytrust.org.uk/family-zone/>

Book Trust's Hometown Hub

Arranges reading re-sources for families by age group and provides a summary what's on guide for every day of the week. In addition to free online books, videos, games, book-themed quizzes, activities and story times, the Book Trust illustrator in residence, Ed Vere will be contributing live draw-alongs and the Children's Laureate, Cressida Cowell will live-stream every day from her shed, reading from her own books and others. Each session will include Q & A and creative activities. See link below: <https://www.booktrust.org.uk/books-and-reading/have-some-fun/fun-at-home-with-authors-and-illustrators/>

Titles recommended to keep children positive and feeling happy can be found on the Booktrust website:

1. <https://www.booktrust.org.uk/news-and-features/news/news-2020/more-than-a-quarter-of-a-million-school-children-experiencing-literary-poverty/>
2. <https://www.booktrust.org.uk/news-and-features/features/2020/february/10-picture-books-to-shine-a-positive-light-in-2020/>
<https://www.booktrust.org.uk/booklists/h/happiness/>

Science at home

Another approach in keeping your child(ren) busy when they are not completing their google classroom learning is to explore scientific investigations using everyday household objects. This is a link to some great ideas for Science investigations which can be done from home during lock down as most resources needed are easily available.

<https://www.weareteachers.com/easy-science-experiments/>

Please have a go and share your learning with us!



Free School Meals

As you are aware, the Government have administered a voucher scheme providing allowances for children who are entitled to Free School Meals. By now, you should have received an e-voucher from a company called Edenred to the value of £15 each week for every child in your care eligible for benefits-related free school meals. If you have not received your voucher, please check your clutter/SPAM folders before contacting Mr Koorichh via email who will then make further enquiries.

School of Bhakti

The School of Bhakti is a unique educational hub and vibrant community founded at Bhaktivedanta Manor, the historic spiritual sanctuary donated by George Harrison to the community, and now functions in multiple locations around the UK and abroad. It offers a range of different online courses, retreats, blogs and podcasts. The podcasts offer much to think about at a time where 'time' is our main commodity. To find out more, click on the link

<https://schoolofbhakti.com/>

Character Building

Please let me know if your child(ren) completed any or even all of the tasks suggested last week, it would be good to share with others.

Here are a few more tasks children can do and/or think about that will help form their thoughts and opinions and begin to define what type of person they want to be.

<p>Reflection Find an example in the news of a person (or group) who are helping others in this time. What are they doing? What virtues are they using?</p>	<p>Empathy Watch this video about empathy: https://www.youtube.com/watch?v=9_1Rt1R4xbM. What is empathy?</p>
<p>Resilience Reflect on a time when you succeeded and the steps you took, and a time when you failed and what you learned.</p>	<p>Responsibility Ask a parent/carer which chore you can help with today.</p>



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On behalf of the whole community, a big thank you to NHS and key worker staff.



Thank you once again for all your support.

Very best wishes to you all.

Mrs Bellare
Principal

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